

The Fort Huachuca Scout®



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Photo by Spc. John Martinez

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EEO officer volunteers for mass

SCOUT REPORTS

Sustaining Base Leadership and Management students are encouraged to volunteer in the local Fort Belvoir community, and that's just what Efen Medrano did after an encounter with Cpt. (FR.) Jesus Navarette in the DeWitt Emergency Room.

Medrano is the Equal Employment Opportunity Officer at Fort Huachuca who is currently a student in SBLM Class 05-3, Seminar 7. After seeking medical attention, he met Cpt. Navarette, who asked him to assist the priest during Catholic Mass at the Fort Belvoir Chapel on Sept. 25.

Medrano completed a formal five-year forma-

tion program at the Diocese of Gallup, in New Mexico and was ordained on June 6, 1998, at the Cathedral of Saint Augustine in Tucson, Arizona. His federal service began on Jan. 10, 1974, and Medrano has worked in a variety of assignments, including the Department of Interior, Bureau of Indian Affairs on a reservation as a school teacher, principal and director of Special Education and at Kirtland Air Force Base as the Director of the Child Development Center, Protocol Officer, Education Specialist, Environmental Protection Specialist and EEO Specialist. Medrano has been with the Army at Fort Huachuca for the past nine years.

"I applied for SBLM to enhance my leadership skills and to see what kinds of things I was doing right as a manager and where I need improvement," Medrano said. "I volunteered to be the Class photographer and have enjoyed the assignment. On Monday, retired General Reimer gave us a presentation, and I had the opportunity to take photographs. My fellow Seminar 7 students joked and referred to me as the paparazzi, which I take as a compliment!"

To learn more about the SBLM program or to apply online, please visit our Web site at

http://amsportal.belvoir.army.mil/portal/page?_pageid=33,42600&_dad=portal&_schema=PORTAL

Disability Employment Awareness Seminar

SCOUT REPORTS

The Fort Huachuca Special Emphasis Program Committee is scheduled to hold a Disability Employment Awareness Seminar 9 to 11 a.m. Wednesday at the Murr Community Center. Gail Mortensen, Disability Program Manager, is coordinating this activity.

There will be a presentation on Workplace Ergonomics and

the presenter will be George Norris of Industrial Hygiene at the Raymond W. Bliss Army Health Clinic. In conjunction with the seminar, the SEP Committee will bestow the distinct honor of "2005 Disability Accomplishments Award" to a deserving civil service employee or Soldier who has helped their organization to provide better accessibility to the disabled.

The work force and the local communities are invited to attend and tickets will be sold for \$2 to cover the cost of the refreshments. Tickets can be purchased from Mortensen, ACS, at 533-6871, Barbara Chavez, EPG, at 533-8009, Irene Swann, DPW, at 533-3036, Terralissa Lee, CSLA at 538-8472, Gordon Lewis, NETCOM at 538-6081 and

Joan Street, EEO, at 538-0276.

The purpose of the seminar is to educate and enhance disability employment awareness to the Fort Huachuca work force and Sierra Vista community. Congress enacted Public Law 176 in 1945, designated the first week in October as "National Employ the Physically Handicapped Week." In 1962, the

word "physically" was removed from the week's name to recognize the employment needs of all Americans with disabilities. Congress, in 1988, expanded the week to a month and changed its name to "National Disability Employment Awareness Month." October has evolved as the kick-off month for year-round programs that highlight the abilities and skills of Americans with disabilities.



Courtesy photo by Betty Maldonado

Command briefing

Lt. Gen. Steven W. Boutelle, Chief, Information Officer/G-6 and Col. James Lien, executive office (not featured), receives Electronic Proving Ground Capabilities and Command Briefing and overview of Test Complex Center by Mr. Robert Weeks, director, Test Engineering Directorate and Alan Morris, director, Mission Support Directorate, EPG on Sept. 27.

The Fort Huachuca Scout®

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Fort Huachuca helps researchers study hummingbirds

SCOUT REPORTS

Although they provide hours of entertainment and are one of the most photographed bird species, relatively little is known about hummingbirds. No one really knows the true duration of their life span, females' breeding longevity, or hummingbird population size. But this is changing, due to a research effort underway here on Fort Huachuca. Ornithologists do know that hummingbirds occur only in the New World. Twenty-three species occur in the United States, and 15 are regularly seen in Arizona.

For the second year, post is one of several monitoring sites in Arizona where a dedicated group of volunteer scientists and novice citizens from the Hummingbird Monitoring Network study hummingbirds at no cost to the government. Fort Huachuca's location in the Huachuca Mountain foothills, where hummingbird diversity is greatest in the United States, is on a migratory path used by the tiny birds. This makes post a prime monitoring site.

In March 2004, Robin Storey, a then-Fort Huachuca resident, recognized the importance of gathering data by banding the hummingbirds and volunteered her yard for the study. She served as caretaker of the hummingbird feeders for the season. This year, the monitoring site is located on the grounds of the Fort Huachuca Public Affairs Office, where the public can easily view and participate in the activity.

"We've identified 10 species of hummingbirds on Fort Huachuca," said Laura Davis, a four-year Hummingbird Monitoring

Network volunteer. The three least common species found here are Lucifer, Violet-crowned and Blue-throated Hummingbirds.

"We are trying to understand more about the biology of hummingbirds in order to protect them and their habitats," said Dr. Susan M. Wethington, founder of the Hummingbird Monitoring Network, a unique group focused solely on hummingbirds.

Without research that documents the diversity, abundance, age structure, breeding requirements, seasonal habitat use and other features of their populations, there is no way to identify the areas important for maintaining hummingbird diversity and abundance, she added.

"Currently, the best way to determine the sex, age, fat, molt, weight and breeding status of birds is to catch them, take measurements and make observations," Wethington said. "Banding allows us to track individuals, determine how long they live, estimate population sizes and determine areas where hummingbirds show high site fidelity," Wethington said.

Every other Sunday from March through mid-October on Fort Huachuca, volunteers gather at the cluster of feeders here. All but two feeders are removed. The remaining feeders are fitted with special nets, which can be quickly dropped from a distance when hummingbirds visit the feeders. Volunteers release a string, and the bird is captured.

Trained individuals gently remove the birds and bring them to a banding station. Only specially trained individuals with both federal and state permits can legally band hummingbirds. At the



Photo by Joan Vasey

Alex Baxter catches a hummingbird outside the Public Affairs Office and gets ready to band the bird.

station, each bird is weighed, measured and banded. Davis, a properly permitted volunteer, collects the data and bands the birds. On a good day, when there are sufficient volunteers and to save time, Davis will enlist a seasoned volunteer to record the data as she provides it verbally.

Banding allows us to track individuals, determine how long they live, estimate population sizes and determine areas where hummingbirds show high site fidelity.

**Dr. Susan Wethington,
founder of the Hummingbird
Monitoring Network**

Collected data and vital statistics are entered into a database and used in conjunction with statistics taken at various locations as far north as Canada. After several years, researchers can more accurately assess the life cycle, habits and population of

See **HUMMINGBIRDS**,
Page A14

Hummingbirds banded, monitored on post

PAO PRESS RELEASE

The Fort Huachuca Wildlife Office and the Hummingbird Monitoring Network invite the public to observe hummingbird banding and monitoring from approximately 6 to 11:15 a.m. Sunday at the gazebo on the west end of Brown Parade Field.

The best viewing time is around first light through 8:30 a.m. Those who plan to attend should bring binoculars and water.

"The partnership is such a good fit because it generates solid, science-based data, promotes education and outreach, and supports conservation," said Sheridan Stone, a wildlife biologist here. "We get good inventory and trend data on hummingbirds on the fort and that local data gets analyzed to help regional conservation on a much larger scale," he said.

To minimize project impact and bird distur-

bance, visitors should park in the large parking lot adjacent to Huachuca Creek, at the intersection of Christy Road and Adair Avenue. From there, it's a short, uphill walk to the banding session.

All visitors not in possession of a DoD decal must stop at the Main Gate Welcome Center and show a valid driver's license, proof of insurance and vehicle registration or rental agreement, in order to get a temporary visitor's pass. The driver of any vehicle and all passengers 18 and older will need to show a valid photo ID issued from a recognized federal or state governmental institution, such as the Department of Motor Vehicles, as they pass through the checkpoint. International visitors must be accompanied by an authorized, Fort Huachuca-affiliated escort.

For more information, call the post wildlife office at (520) 533-7083.

ACAP gives jump start to civilian life

BY ESAU LOLIS
SCOUT STAFF

Changing careers from military to civilian can be a confusing and stressful venture, but it doesn't have to be with help from the Army Career and Alumni Program.

ACAP tries to ease the stress by providing Soldiers and their family members leaving military service with world-class transition and job assistance.

Fort Huachuca ACAP provides tremendous services by offering a comprehensive system to assist personnel leaving the service in an organized, caring and disciplined manner while identifying their needs and providing assistance to meet those needs.

According to Nolan Cook, transition services manager, the main objective of the post ACAP center is to brief clients on benefits and entitlements they earned while in the service. "We provide veterans and transitioning service members with the resources and services to succeed in the 21st Century workforce by maximizing their employment opportunities, and meeting labor market demands with qualified veterans," Cook said.

"There are lots of benefits and employment opportunities out there for Soldiers to consider,"

Cook said. "We make sure they are aware of them before separation."

"I didn't have a clue that the transition out of the Army would be so involved," recounted Sgt 1st Class Peggy Cutrite, who recently finished the ACAP. Since she is retiring, she can use ACAP services for life.

ACAP participants receive a three-and-a-half day workshop that teaches important transition topics ranging from leave and medical to mock interviews and future job salary negotiations.

"Subjects include, Introduction to Job Searching, Online Job-Hunting, Resume Writing, Interviewing Skills, Networking, Cover Letters, and Salary and Benefits Negotiation," Nolan said.

"They helped me with my resume even after I was offered a job," Cutrite said. "I asked them specifically about negotiating my salary. They provided me with several ways to look at my pay and benefits package – ways that I had not considered on my own."

The ACAP process is normally a four-day workshop. "The first two days-Tuesday and Wednesday-are handled by the Arizona Department of Labor," Nolan said. "On the third day, a representative from Department of Veteran's Affairs

See **ACAP**, Page A15



Photo by Thom Williams

Blood drive

Sgt. Krista Souter from the Fort Bliss Blood Donor Center draws blood from Edwin Slack of Network Command Theater Support at Eiffler Gym Sept. 28. Organizers of the blood drive hoped to collect 300-500 units of blood during the monthly event.

The next blood drive is scheduled to take place from 2 to 8 p.m. Oct. 25-26 at Eiffler Gym. According to the Armed Serves Blood Program Web site in addition to providing blood to those in need in combat situations, the program also supports the peacetime needs of military personnel and their families.

Hispanic-Americans: strong, colorful threads in American fabric

BY ESAU LOLIS
SCOUT STAFF

Fort Huachuca celebrates Hispanic Heritage month from Sept. 15 through Oct. 15.

Every year since 1968, by presidential proclamation, a week has been set aside to recognize the role played by Hispanic groups of the past and present. In 1989, Congress passed a bill to change Hispanic Heritage Week into a month-long celebration.

The observance begins and ends during the mid months because the first Mexican Independence Day was celebrated on Sept. 16 and the discovery of the Americas by Christopher Columbus is celebrated on Oct. 12.

"[Hispanic Heritage Month] brings back a sense of pride of my roots and joy," said Aubrey Conn,

human resources specialist at the Civilian Personnel Advisory Center.

Barbara Chavez has been an employee on Fort Huachuca for over 32 years. "I've seen a lot of change because there are more Hispanics in higher grade fields," Chavez said. "People are feeling more comfortable moving themselves up."

[Hispanic Heritage Month] makes me feel good because people should know the history of their background, and that's with any race," she added.

During this month, Fort Huachuca celebrates the rich history and Hispanic contributions in the military, science, government, business, art and many other fields.

The celebration begins at noon today at the Thunder Mountain Activity Centre for the Hispanic Heritage Luncheon. The cost is \$10 and tickets can be purchased at the door.



Photo by Thom Williams

Pfc. Robert O'Brien hands a plate of Mexican food to a Soldier at a lunch meal celebrating Hispanic Heritage Month at the 11th Signal Brigades' Thunderbird Dining Facility. Hispanic Heritage Month comes to a close on Saturday.

U.S. earthquake assistance arrives in Pakistan

ARMY NEWS SERVICE

U.S. forces are assisting with rescue, recovery and relief operations in Pakistan following an earthquake that killed between 20,000 and 30,000.

Five CH-47 Chinook and three UH-60 Blackhawk helicopters with U.S. Soldiers and supplies from Afghanistan arrived in Islamabad, Pakistan, Oct. 10 to assist with recovery operations in the wake of Saturday's devastating earthquake.

The helicopter crews were from the 3rd Battalion, 158th Aviation Regiment and 2nd Battalion, 6th Cavalry Regiment at Bagram Airfield and Kandahar Airfield, Afghanistan.

Additionally, a C-17 and its crew from the 7th Airlift Squadron, McChord Air Force Base, Wash., delivered 12 pallets — weighing almost 90,000 pounds — of food, water, medicine and blankets from Bagram. So far, 18 pallets of relief

supplies have been transported by air to Pakistan along with essential personnel needed to assist with recovery operations.

The helicopters took off from Bagram Airfield again this morning to ferry supplies to earthquake-stricken areas and evacuate those injured.

Additionally, C-130 Hercules and C-17 Globemaster aircraft from Afghanistan will transport 30 pallets of relief supplies to a Pakistan Army Airfield near Islamabad, officials said.

"Our total focus is on relieving the suffering in Pakistan, help them stabilize and, in the longer term, recover," said Lt. Gen. Karl Eikenberry, Combined Forces Command-Afghanistan commanding general.

(Editor's note: information provided by Combined Joint Task Force-76 Public Affairs in Afghanistan.)



Photo by Staff Sgt. Ken Denny, 117th MPAD

A Pakistani Soldier directs 3rd Battalion, 158th Aviation Regiment and 2nd Battalion, 6th Cavalry Regiment helicopters from Bagram Airfield and Kandahar Airfield, Afghanistan as they touch down on Qasim Army Airfield, Pakistan to assist in the humanitarian aid effort Oct. 10. The helicopters were diverted from Operation Enduring Freedom to assist in Pakistan after a 7.6 earthquake caused enormous damage Oct. 9.

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Depressed? Suicidal? Resources available for rescue

BY BRANDY RUIZ
CONTRIBUTING WRITER

If you are depressed and contemplating suicide, please don't despair. There are many resources available to you. There is Family Advocacy counseling, suicide hotlines, Web sites on depression, and Patrick McCathern.

He has been to the brink and back, and he can relate.

McCathern is a retired Air Force senior master sergeant who experienced the throes of depression in the 1990s. His despair was so deep, he even attempted suicide to end it all.

These days, however, he is a new equipment training instructor at the Communications Security Logistics Activity here. His depression is gone, and so are the suicidal thoughts.

"Real Men, Real Depression" is the name of the National Institute of Mental Health's campaign, which McCathern has worked with. This program mainly targets men. Men are less likely to come forward and talk about their depression,

he explains. This is attributed to being too tough, not to mention the fact that most men just don't talk about being depressed.

Within the military community, there is a fear that careers or security clearances will be jeopardized if depression is talked about, he explains further. "Military people are afraid to use their chain of command. They suffer from the myth that depression is a career ender," he said.

When McCathern was in the service, he maintained his security clearance even after being hospitalized for eight days for attempting suicide. There was a brief interruption in his clearance, maybe a few weeks, but there were no long-term ramifications. He is quick to point out, though, that he is speaking only about depression. A mental health professional can better diagnose the full problem, so a guarantee cannot be made for every individual's clearance.

McCathern explains that to everyone who has ever been there, depression feels like falling down a well. "As you're falling down, the light at the top gets

smaller and smaller, and each handhold is crumbling beneath you." If you've never been there, it is difficult to understand what it happening to you, he remarks.

And if you've never been there, it is difficult to understand what your friend or

See **SUICIDE**, Page A14

Suicide warning signs

Some warning signs of suicidal tendencies include, but are not limited to, the following:

- * giving away all possessions
- * anger
- * depression
- * lack of communication
- * most importantly, if all these things have happened, over the course of weeks or months, and then the person starts acting like their old selves, seek help immediately; this can usually be a sign that a plan is in the works

Here is a list of resources available to you if you, or

someone you know, is depressed and/or contemplating suicide:

- * Family Advocacy Office
- * Chaplain's Office
- * Soldier's chain of command
- * www.nimh.nih.gov
- * <http://newhopeonline.org/>
- * 1-800-SUICIDE (1-800-784-2433)
- * 1-800-273-TALK (1-800-273-8255)
- * For teens: 1-888-747-8336
- * If all else fails, and you feel like you are getting nowhere, please contact Patrick McCathern for guidance in the right direction 520-227-4273

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Friends of the Library offers book refuge for Soldiers

BY ROB MARTINEZ
SCOUT STAFF

The Friends of the Library, located outside the Sierra Vista Public Library, sells donated books, magazines, videos, audio and software.

The proceeds are used to support library programs.

“We’re a wonderful place to drop books off when ‘PCSing.’ We even pick up at homes,” President Chuck Balzarini said. “It’s also a wonderful place when looking for something to read; we have good prices.”

Prices for books rarely go above four dollars. The usual prices are two to four dollars for hardbacks, paperbacks are fifty

cents, and two dollars for audio books.

They also have a section for collectibles that they price far below what bookstores would charge.

Lou Crane, a volunteer, is a retired chief warrant officer; he said it’s a valuable resource for people and a great opportunity to spare the taxpayer’s money, if they can completely fund the library.

Balzarini is a retired Department of the Army civilian, and has also seen much of the military, but not many of the other volunteers have.

He said they had three active-duty Army volunteers from the Military Intelligence School on Fort Huachuca, but they were reassigned.

“They gave people who work here a new look at the military. One spoke several languages, the other was a West Point graduate selected from an Oxford program, who was from the enlisted ranks,” Balzarini said.

F.O.L. is solely run by volunteers, and supported with money donated from local corporate sponsors, and is always looking for new members and volunteers.

Hours

Sun - 12:00 - 3:00
Mon - 12:00 - 4:30
Tue - Fri 10:00 - 5:00
Sat - 10:00 - 4:00

For more information, call (520) 417-6999.

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40th Signal Battalion deploys in support of OIF

BY SPC. JOHN MARTINEZ
11TH SIGNAL BRIGADE PAO

Deploying Soldiers, their families and friends, said their final goodbyes as once again, Soldiers from the 40th Signal Battalion answered their nations call and departed out of Libby Army Airfield.

On Oct. 2, approximately 130 signal Soldiers from the 40th Signal Battalion Task Force, 11th Signal Brigade, deployed in support of Operation Iraqi Freedom, which is not a first for this battalion. Their mission is to provide strategic vital signal support to coalition forces in Southwest Asia.

A farewell ceremony was held for the deploying Soldiers prior to their departure. Soldiers had the opportunity to get a bite to eat and socialize with family and friends while they

waited for their flight.

The 36th Army Band provided entertainment for the Soldiers and their families. Col. Mary Beth Shively, NETCOM Chief of Staff, provided the guest speaker comments, offering guidance and encouragement to the Soldiers and their families.

The 40th Signal Battalion Task Force commander, Lt. Col. Andre Wiley, said that this was not the first time that he has deployed, but what makes this deployment unique is that this time, he is the battalion commander. Knowing that his Soldiers and their families are depending on him and his staff to ensure their safe return makes this deployment special to him. As Wiley was preparing to board the plane, he stated that his Soldiers were ready to deploy down range and execute their mission.



Top: Col. Mary Beth Shively and 11th Signal Brigade Commander Col. Michael S. Yarmie shake the hands of the deploying soldiers.

Bottom: Soldiers from the 40th Signal Battalion board the plane.



Photos by Spc. John Martinez

Top: A Soldier says good-bye to his loved ones before deploying to Southwest Asia.

Bottom: Family and friends wave good-bye to their loved ones.

Soldiers volunteer to renovate facilities

BY THOM WILLIAMS
SCOUT STAFF

111th Military Intelligence Brigade Soldiers teamed with the Directorate of Morale, Welfare and Recreation to renovate skeet and trap ranges at the Fort Huachuca Sportsman Center.

Three of the facilities five ranges had fallen into disrepair with the safety walls separating the ranges threatening to collapse.

"We didn't have the resources to put [the ranges] back together, so we are providing the material and they are providing the expertise and the manpower to get this stuff back up so the Soldiers can use it again," said Josh Gwinn, chief recreation division, MWR.

"\$6,000 is all we're talking about in materials, we've got the machines and the houses are OK," Gwinn added. "The cost would probably triple if we went downtown and brought someone else in."

Some of the Soldiers taking part in the range renovation are mobilized reservists from Detachment 4, 2/84th Military Intelligence Battalion out of Fort McCoy, Wis. and have been attached to the 111th MI Bde. since January 2004.

"A number of us shoot trap and skeet and we want to make it [the skeet and trap range] a class act and give the

other Soldiers in the area something to do on their time off," said Sgt. Maj. Bob Pinter, of the 2/84th MI Bn.

"MWR has gladly accepted our help and they are paying for the materials, so what we are going to do is tear the walls down and put up new ones, then refurbish the trap houses," Pinter added.

The Soldiers of 2/84th have a history of lending a helping hand during their mobilization at Fort Huachuca.

Last year, the Southwest Association of Buffalo Soldiers needed assistance cleaning up the Mountain View Black Officers' Club, also known as Building 66050, and preparing it for preservation and renovation. The reserve Soldiers spent their weekends and evenings helping the group.

"Some of the other units also provided volunteers to help us do it, we didn't do it all by ourselves, so it really was a 111th Military Intelligence Brigade consolidated project," Pinter said.

When the reserve unit needed a quick react range for Intelligence School students, Soldiers from the unit found out from range control that Range 4A had been scheduled for demolition. The reservists once again stepped up to the plate and refurbished the facility. The unit's patch is now prominently displayed on one of the structures on the range.

Earlier this year, the Fort Huachuca Main Post Chapel needed help replenishing the food locker it maintains. Soldiers from the 2/84th heard the call and donated more than \$500 in food stuffs to the program.

Most of the members of the reserve battalion serve as instructors at the In-

telligence Center. Pinter added that many of the Soldiers also are active in local churches and are members of B Troop, 4th U.S. Cavalry (Memorial).

If you would like to volunteer to help with the skeet and trap range renovation call Pinter at 533-7998 or Maj. Scott Gordon at 533-1889.



Photo by Thom Williams

Col. Thomas M. Kelley, commander, 111th Military Intelligence Brigade, demolishes a fence with a sledgehammer while Sgt. Maj. Bob Pinter, Detachment 4, 2/84th Military Intelligence Battalion holds the barrier in place at the Fort Huachuca Sportsman Center. Soldiers from the 111th MI Bde. are renovating three of the Centers skeet and trap ranges.

Advertisement

Range Closures

Today – AC, AD, AH, AK, AL, AP, AR, AU
Friday – AC, AD, AF, AH, AK, AL, AM, AP, AR, AU, T1, T1A, T2
Saturday – AF, AP, AU, T1, T1A, T2
Sunday – AF, AP, AU, T1, T1A, T2
Monday – AC, AD, AF, AG, AK, AN, AP, AU, AW, T1, T1A, T2
Tuesday – AC, AD, AAF, AG, AH, AK, AM, AN, AP, AR, AU, AW, T1, T1A, T2
Wednesday – AC, AD, AF, AG, AH, AK, AM, AN, AP, AR, AU, AW, AY, T1, T1A, T2
For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

AFTB Level I classes offered

Army Family Team Building offers AFTB Level I classes 9 a.m. - noon, every Tuesday, at Murr Community Center, Building 51301.
AFTB Level I, also known as “Army 101” provides an introduction to Army life. Each Tuesday, a different block of classes will be offered.
The class is free, but please pre-register with Army Community Service at 533-2330 or Cheryl Patterson at 533-3686, or e-mail huachuca_aftb@hotmail.com.

Become an Army Officer

This year the Army has expanded the selection criteria for Officer Candidate School, which is covered by AR 350-31. In addition to changing the maximum age

for applicants to 42 (up from 30), the Army has delegated the selection authority down to the commanding general level for FY 06 classes.
USAIC&FH will be holding a special OCS board through Friday at Murr Recreation Center. If you are interested in applying for this special program, you need to see your commander or S-1 for more information or call Rosalie Monge at 533-1503. Packets must be turned in no later than Oct. 5 in order to be considered and boarded for this program. (All Signal Soldiers should contact the NETCOM G-1 for details).
The next regular quarterly OCS Board will be held on Dec. 14 at Murr Recreation center. Contact Monge for more details.

Military Appreciation Day

Lawley Automotive Dealerships will be holding a Fort Huachuca Appreciation Day from 8 a.m. to 5 p.m. on Saturday. Please call any of the Lawley locations to make your appointment for a free oil change and safety check. This offer is open to all active-duty, reserve, retired military and dependents (ID required). For more information, call Sgt. 1st Class John Herring at 538-6570 or Dave Kowell at 458-6520.

Craft bazaar

The Fort Huachuca Community Spouses’ Club is having its annual High Desert Holiday Craft Bazaar from 8:30 a.m. to 4:30 p.m. Saturday at Buena High School.

For information regarding crafter/vendor tables please call one of the bazaar chairpersons, either Lynette Wilson at 378-5180 or Julia Prather at 459-1821. The cost to reserve a table is \$55. Spaces are still available for vendors.
In addition, donations of baked goods will be graciously accepted for the FHCSC Bake Sale at the Craft Bazaar. For more information, call Wendy McDaniels at 459-0511 or e-mail at wendysh78@yahoo.com.

Reunion Workshop

Army Community Service offers reunion workshops for Soldiers and family members who have been geographically separated due to the military mission. These workshops provide the opportunity to discuss some of the emotional aspects of reuniting with a family member.
The next workshop will be held at 6 p.m., Monday at the ACS Building 50010. Please register by calling ACS at 533-2330.

FHCSC Luncheon

Join the Fort Huachuca Community Spouses’ Club on Wednesday for the October Luncheon at the Thunder Mountain Activity Centre, located on Irwin Road.
Social hour begins at 10:30 a.m. and lunch is served at 11:30 a.m., with a cost of \$10.00 in advance, and \$12.00 at the door.
This month’s program is “Floral Arranging Like the Pro’s”. The demonstra-

tion will show how to arrange a mixed flower bouquet, a four-step plan for perfectly placed roses and other useful floral arranging tips.
Additionally, the We Care project for October is Suitcases for Foster Care. Please bring a suitcase, or similar item, to donate to local foster care children to the Oct. 19 luncheon.
For reservations, please contact Victoria Glynn at 458-2475 or via e-mail at victoriaglynn@cox.net. The deadline for reservations is noon, Oct. 14. On-site childcare is available on a first-come, first-served basis. Reserve your spot for childcare with Glynn when you make your luncheon reservation.

Korea orientation

Army Community Service is offering a Korea orientation, 6 p.m., Oct. 20, at the ACS Building 50010, for Soldiers and family members going to Korea for the first time.
The class is free, but please register by calling ACS at 533-2330.

MICA Luncheon

The Quarterly MICA Luncheon will be held at 11:30 a.m. Oct. 31 at the Thunder Mountain Activity Centre. The guest speaker will be Lt. Gen. John F. Kimmons, the Army’s senior intelligence officer. The cost of the luncheon is \$11 per person for the German buffet. RSVP by Oct. 26. For more information, call Rick Laszok at 234-6181 or Lou Frere at 378-0800.

Chaplain’s Corner

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village

Roman Catholic Worship

Mon.-Fri.	11:30 a.m.	Main Post
Saturday	4 p.m.	Main Post
Confession		
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		
Sunday	11:30 a.m.	Kino Chapel
Mass		

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

Main Post Chapel

CCD	Sunday	10:45 a.m.
Adult	Sunday	10:45 a.m.
Apologetics		
Adoration of the	Friday	3 - 6 p.m.
Sacrament Blessed		
Korean OCIA	Friday	7 p.m.
MCCW	1st Friday	7 p.m.

Protestant

Main Post Chapel

PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.

Kino Chapel

Women’s Ministry	1st, 3rd Friday	6 p.m.
Bible Study Fellowship		
Adult/Youth	Sunday	8 a.m.
Sunday School		

Youth Church	1st, 2nd, 3rd, 5th Sunday	
Men’s Choir	Tuesday	7 p.m.
Rehearsal		
Women’s Choir	2nd Tuesday	7 p.m.
Rehearsal		
Adult Bible Study	Thursday	6 - 7 p.m.
Youth Bible Study	Thursday	6 - 7 p.m.
Sanctuary Choir	Thursday	7 p.m.
Rehearsal		
Youth Ushers	Saturday	10 a.m.
Youth Choir	3rd Saturday	10:30 a.m.
Youth Emphasis	4th Saturday	
Saturdays		
Drama Team	Saturday	8:30 a.m.
Youth Min. Staff	Saturday	10 a.m.
& Parents Meeting		
Youth Choir	Saturday	10:30 a.m.
Rehearsal		

Murr Community Center

Teens and	Sunday	9:20 a.m.
Pre-teens Study		
Parish Council	1st Sunday after service	

Meetings		
Women’s Ministry	2nd Sunday	
Meetings		
Youth Ministry	3rd Suda	
Meetings		
Adult Usher	4th Sunday after	service
Meetings		
Men’s Ministry	Saturday	8 a.m.
Bible Study		
Women’s Choir	5th Saturday	11 a.m.
Rehearsal		

Muslim Prayer

Friday	11:30 a.m.	Main Post
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Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Village
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Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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HUMMINGBIRDS, from Page A3

hummingbirds.

Fort Huachuca benefits from the project in several ways, according to Sheridan Stone, a wildlife biologist with the Environmental and Natural Resources Division, Directorate of Public Works.

“The greatest benefit to those living and working here is the unique opportunity for community members to see hummingbirds up close and perhaps to become part of the project,” he explains.

Fort Huachuca benefits by gaining a new source of high quality information that wildlife personnel here don’t have an opportunity to collect on Fort Huachuca any other way. Fort Huachuca now has detailed documentation about the hummingbird species. Wildlife personnel are gaining baseline data on hummingbird species and quantification of some of their migration and breeding activities on post, using a method that can be continued through time. The standard methods and

scientific design will allow valid comparisons over coming years, according to Stone.

“This monitoring is a yardstick,” he said. “After a long period of time, it will serve as a gauge of how the fort is doing with our hummingbird population. It will show us how adequate our habitat stewardship is to sustaining migrating or nesting hummingbirds while they’re here in our area. The data will enable wildlife managers to make more informed, and perhaps better conservation decisions.”



SUICIDE, from Page A6

coworker is going through.

Depression on any level is a terrible thing, but it’s especially dangerous when it is being suffered by a member of the military. “We invest a lot of time to ensure Soldiers, Sailors, Airmen and Marines have all the resources and aptitudes available to protect all enemies, foreign and domestic. If one individual suffers from mental illness, it weakens that chain of teamwork. Without help, that link breaks and, quite possibly,

the whole chain gets broken,” McCathern said.

The turning point for him was realizing that people did care about him. In 1994, when he was in the hospital following his suicide attempt, he just wanted to hide from the world. But, he said, there were so many visitors that he realized people did care. Most of all, though, he credits his recovery to a great commander who “challenged me and had faith in me. He gave me projects he

knew I wouldn’t fail at, and I slowly began climbing out of the depression.”

Just like in McCathern’s case, depression can be overcome with the right intervention. Years after his bout with depression and suicidal thoughts, McCathern states he is a very happy man. He says his life has never been better. He has an “outstanding wife, a wonderful family and works on a great team at CLSA.”

He enjoys knowing that his

lectures and information sessions continue to help people. That he knows of, McCathern has helped save the life of five people. After a recent trip to Patrick Air Force Base in Florida, that number grew to six. Although every life saved is an accomplishment, McCathern says “this is the right thing to do. I’m not looking for glory or to do a business. I’m a civil servant. I’m a human being. This is (just) the right thing to do.”

Advertisement

ACAP, from Page A4

comes down from Phoenix to tell class members about their benefits,” Nolan explained. “Then Friday morning, the VA representative will return to sit down and assist with filing for their VA forms and or claims.”

Soldiers are encouraged to make an appointment two years prior to retirement or 365 days prior to separation date. Soldiers are required to attend the workshop before leaving active duty.

“Our goal is for the Soldiers to receive their pre-separation briefing up to one year prior to separation but no later than 120 days,” Cook said.

Services are available to Soldiers and family member up to 180 days after separation.

“I attended the ACAP workshop early like they suggested and that gave me time to review all of the information made available to me,” Cutrite said. “I took good notes because it was

a lot of information and when I had questions later, I was able to ask smart questions of the right people.”

Cook said an effort should be made to fully utilize ACAP.

“I feel that it is unfortunate that some Soldiers and their family members fail to take advantage of a valuable opportunity to better prepare themselves to beat the competition and get the job they want,” Cook said.

“Even though our Soldiers are very successful there are a few that depart the military with very short notice, therefore they are not afforded the opportunity to fully utilize all that ACAP has to offer,” Cook said. “I would like to remind all Soldiers they have up until 180 days after discharge to continue using ACAP. Cook added that retirees on the other hand have ACAP entitlements for life.”

If you have a positive attitude about ACAP,

you will get a lot out of the service according to Cutrite.

“You will meet people who are leaving the military just like you – whether it’s because of retirement, medical problems or even a chapter – and it is good to have someone to compare ideas and concerns with that are in a similar situation,” she said. “You will be given lots of ideas and resources you may not use right away, however, you may find them very helpful later.”

If you relocate, take comfort in the fact that there are 43 ACAP sites nationwide and are accessible to eligible Soldiers and family.

You can find the ACAP Center in Building 22420 on Butler Road. They are open from 7:00 a.m. to 4:30 p.m., Monday through Thursday and from 7:00 a.m. to 12:30 p.m. Friday. To schedule an appointment. call 533-7051.

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*Above: A Soldier from the Headquarters and Headquarters Company, 11th Signal Brigade performs the thigh stretch.
Right: 11th Signal Brigade Soldiers perform one-legged push-ups.
Top: 11th Signal Brigade Soldiers perform the windmill.*



Army implements new PT program

BY ROB MARTINEZ
SCOUT STAFF

The Army is getting away from the old mundane physical training program, according to 1st Sgt. Arthur J. Pellerin of Headquarters and Headquarters Company, 11th Signal Brigade. Gone are the days of doing what he calls the “dirty dozen”: pushups, situps, then running 45 minutes at a certain pace.

The new program, he said, has a different event every day. The variety makes it as interesting as possible to keep people involved.

According to the United States Army Fitness School, it is designed to meet the Soldiers’ needs and ability, not just a first level program with mass participation. The designers intended to improve physical fitness while controlling injuries, progressively toughen and condition soldiers, and develop Soldiers’ self-confidence and discipline. The system is practical too.

“To me, it’s a common sense approach. PT is a science. You have to incorporate it into what you do,” Pellerin said.

The program takes everyday activities a Soldier might do and builds an exercise system around it.

“Where in the Army are you going to run with a ruck eleven miles? You’re going to sprint. There’s more sprints involved,” Pellerin said.

Pellerin has also observed that there are fewer PT related injuries. The cause could be the PT program or that soldiers are more fit, he said.

The program is past the development stage, and is taught in Advanced Individual Training so the Army can adopt the whole system.

Pellerin foresees one major challenge, though. “Remember, you have to change the minds of everyone who’s been in for twenty or thirty years,” he said. “That’s the challenge, teaching new ways to old Soldiers.”

Although the designers of the new program considered the needs of the Soldiers and the variety of work they perform, there is still one thing the designers could not create – motivation.

“If done correctly, it’s beneficial. But it’s still up to the individual Soldier to maintain physical fitness and strength,” Pellerin said.

The new PT guide, FM21-20, is available for download at the USAPFS Web site:

www.benning.army.mil/usapfs/doctrine.htm.

Photos by
Spc. John Martinez

Above right: An 11th Signal Brigade Soldier runs a relay as a part of an eight-man team.

Below right: A Soldier from Headquarters and Headquarters Company, 11th Signal Brigade performs the high jump.



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Ultimate sacrifice paid in support of OIF

Pfc. Benny S. Franklin, 19, of Hammond, La., died in Kandahar, Afghanistan, on Oct. 7, of injuries sustained earlier that day in Helmand, Afghanistan, when he stepped on a landmine during patrol operations. Franklin was assigned to the Army's 2nd Battalion, 319th Airborne Field Artillery Regiment, 82nd Airborne Division, Fort Bragg, N.C.

Sgt. 1st Class Moses E. Armstead, 44, of Rochester, N.Y., died at Landstuhl Regional Medical Center in Landstuhl, Germany, on Oct. 6, of a non-combat related illness identified on Oct. 5, as he was returning from leave status and preparing to redeploy to Afghanistan. Armstead was assigned to the Army's 16th Ordnance Battalion, Aberdeen Proving Ground, Md.

Lance Cpl. Shayne M. Cabino, 19, of Canton, Mass., died Oct. 6 from an improvised explosive device while conducting combat operations against enemy forces near Al Karmah, Iraq.

He was assigned to 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Cpl. Nicholas O. Cherava, 21, of Ontonagon, Mich., and **Pfc. Jason L. Frye**, 19, of Landisburg, Pa., died Oct. 6 from an improvised explosive device while conducting combat operations against enemy forces near Al Karmah. They were assigned to 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Lance Cpl. Patrick B. Kenny, 20, of Pittsburgh, Pa., died Oct. 6 from an improvised explosive device while conducting combat operations against enemy forces near Al Karmah. He was assigned to 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Lance Cpl. Daniel M. McVicker, 20, of Alliance, Ohio, died Oct. 6 from

an improvised explosive device while conducting combat operations against enemy forces near Al Qaim, Iraq. He was assigned to Combat Service Support Detachment 21, 2nd Force Service Support Group, II Marine Expeditionary Force, Cherry Point, N.C. As part of Operation Iraqi Freedom he was attached to Regimental Combat Team 2, 2nd Marine Division, II Marine Expeditionary Force.

Lance Cpl. Carl L. Raines II, 20, of Coffee, Ala, died Oct. 6 from an improvised explosive device while conducting combat operations against enemy forces near Al Qaim. He was assigned to Combat Service Support Detachment 21, 2nd Force Service Support Group, II Marine Expeditionary Force, Cherry Point, N.C. As part of Operation Iraqi Freedom he was attached to Regimental Combat Team 2, 2nd Marine Division, II Marine Expeditionary Force.

Spc. Jeremiah W. Robinson, 20,

of Mesa, Ariz., died in Baghdad, Iraq, on Oct. 6, of injuries sustained there on Oct. 5, when an improvised explosive device detonated near his HMMWV during convoy operations. Robinson was assigned to the Army National Guard's 860th Military Police Company, Phoenix, Ariz.

Pfc. Andrew D. Bedard, 19, of Missoula, Mont., died Oct. 4 from an improvised explosive device while conducting combat operations against enemy forces in Ar Ramadi. Bedard was assigned to 3rd Battalion, 7th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Twentynine Palms, Calif. During Operation Iraqi Freedom, his unit was attached to 2nd Marine Division, II Marine Expeditionary Force.

Petty Officer 2nd Class Brian K. Joplin, 32, of Hugo, Okla., was killed Oct. 4, when he fell out of a U.S. Navy MH-53 helicopter during a regularly scheduled training mission in the Central Arabian Gulf. Joplin

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was assigned to Helicopter Mine Countermeasures Squadron 15, based in Corpus Christi, Texas.

Staff Sgt. Sean B. Berry, 26, of Mansfield, Texas, died in Taqaddum, Iraq, on Oct. 3 of non-combat related injuries. Berry was assigned to the Army National Guard's 2nd Battalion, 112th Armor, 56th Brigade Combat Team, Fort Worth, Texas.

Sgt. Larry W. Pankey Jr., 34, of Morrison, Colo., died at Walter Reed Army Medical Center in Washington, D.C., on Oct. 3, of non-combat related injuries sustained in Balad, Iraq, on Sept. 23. Pankey was assigned to the Army Reserve's 467th Engineer Battalion, Greenwood, Miss.

Cpl. John R. Stalvey, 22, of Conroe, Texas, died Oct. 3 from an improvised explosive device while conducting combat operations against enemy forces during Operation Iron Fist in Karabilah, Iraq. He was assigned to 3rd Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Three Soldiers who were supporting Operation Iraqi Freedom died in

Al Haqlaniyah, Iraq, on Oct. 3, when an improvised explosive device detonated near their HMMWV during combat operations. The soldiers were assigned to the 3rd Battalion, 504th Parachute Infantry Regiment, 82nd Airborne Division, Fort Bragg, N.C.

Killed were:

Sgt. Bryan W. Large, 31, of Cuyahoga Falls, Ohio.

Spc. Jacob T. Vanderbosch, 21, of Vadnais Heights, Minn.

Pfc. Roberto C. Baez, 19, of Tampa, Fla.

Staff Sgt. Timothy J. Roark, 29, of Houston, Texas, died in Balad on Oct. 2, of a non-combat related injury. Roark was assigned to the Army's 4th Battalion, 123rd Aviation Regiment, Fort Wainwright, Alaska.

Spc. Joshua J. Kynoch, 23, of Santa Rosa, Calif., died in Bayji, Iraq, on Oct. 1, when an improvised explosive device detonated near his M2A2 Bradley Fighting Vehicle during convoy operations. Kynoch was assigned to the 2nd Battalion, 7th Infantry Regiment, 3rd Infantry

Division, Fort Stewart, Ga.

Staff Sgt. Jens E. Schelbert, 31, of New Orleans, La., died in Ar Ramadi, Iraq, on Oct. 1, when his forward operating base was attacked by enemy forces using indirect fire. Schelbert was assigned to the 2nd Battalion, 69th Armor Regiment, 3rd Brigade, 3rd Infantry Division, Fort Benning, Ga.

Sgt. Marshall A. Westbrook, 43, of Farmington, N.M., died in Baghdad on Oct. 1, when an improvised explosive device detonated near his HMMWV. Westbrook was assigned to the Army National Guard's 126th Military Police Company, Albuquerque, N.M.

Staff Sgt. John G. Doles, 29, of Claremore, Okla., died in Shah Wali, Afghanistan, on Sept. 30, during patrol operations when his unit was attacked by enemy forces using rocket-propelled grenades and small arms fire. Doles was assigned to the 1st Battalion, 508th Infantry Regiment, Vicenza, Italy.

Sgt. 1st Class James J. Stoddard Jr., 29, of Crofton, Md., died in Afghanistan on Sept. 30,

when his vehicle accidentally rolled over. Stoddard was assigned to the 2nd Battalion, 504th Parachute Infantry Regiment, Fort Bragg, N.C.

Airman 1st Class Elizabeth N. Jacobson, 21, of Riviera Beach, Fla., died Sept. 28 near Camp Bucca, Iraq, when an improvised explosive device detonated near her convoy vehicle. Jacobson was assigned to the 17th Security Forces Squadron, Goodfellow Air Force Base, Texas.

Two Soldiers who were supporting Operation Iraqi Freedom died of injuries sustained in Haqlaniyah, Iraq, on Sep. 7, when their dismounted patrol was attacked by enemy forces using small arms fire. Both soldiers were assigned to the Army's 3rd Battalion, 504th Parachute Infantry Regiment, 82nd Airborne Division, Fort Bragg, N.C.

Killed were:

Sgt. Eric A. Fifer, 22, of Knoxville, Tenn. Fifer died in Al Asad, Iraq.

Pfc. Nicholas J. Greer, 21, of Monroe, Mich. Greer died in Haqlaniyah, Iraq.

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Workout classes set to begin in early November

New fitness specialist at Barnes and Eifler Gyms

The Sports and Fitness Branch of MWR has a new fitness specialist. Carrie Bradke came to Fort Huachuca from MWR at Fort Campbell, KY. She brings with her a Bachelor of Science degree in physical and health education, plus five years experience and training in group aerobics and personal training.

Whether you need assistance in planning a full body workout, want someone to help get you motivated to work out and reach your goals, or just need someone to introduce to you gym equipment, Bradke can help.

She has planned a variety of classes, geared to different age and fitness levels, which will be offered at Barnes Field House

starting in November.

The "Me Time" morning aerobics class will be held 8:30 - 9:15 a.m., Tuesdays and Thursdays, beginning Nov. 1.

This morning cardio workout will include step aerobics, cardio kickboxing, body toning and abdominal workouts.

Midday Beginning Step Aerobics will be held 11:45 a.m. - 12:30 p.m., Tuesdays and Thursdays, starting Nov. 1.

This lunchtime class features a combination of hi-low step aerobic workouts.

The new Cardio Kickboxing class will be held 11:45 a.m. - 12:30 p.m., Mondays and Wednesdays, beginning Nov. 2.

This high-impact, cardio work-

out can help you gain flexibility, burn calories and have fun at the same time.

The above classes are open to all authorized MWR patrons, and fees are: \$20 for each class, per month; \$3 per individual class; and \$1 per individual class for active duty military. You can sign up at the front desk at Barnes Field House.

If none of these classes fit your schedule, give Carrie Bradke a call at 533-0041. She will make every effort to accommodate your individual training needs.

You can find Carrie Bradke in the Sports Office at Barnes Field House, except for 1:30 - 3:30 p.m., Tuesdays and Thursdays, when she will be available at Eifler Fitness Center.



Courtesy photo

Carrie Bradke assists Tom Lumley with his personal fitness program.

Motown every Friday at Time Out

Beginning tomorrow, Time Out will present Motown Oldies, 7 - 11 p.m., every Friday. Philadelphia DJ Kurt will play all your favorites. Cover charge is \$4.

Time Out is located on Arizona Street, across from Barnes Field House. For more information, call 533-3837.

New beading class starts Oct. 20

The MWR Arts Center will offer a new beading class 6 - 8 p.m., Oct. 20, 27, Nov. 3 and 10. Cost of the class is \$75 and includes all materials. Students will learn how to string a necklace, earrings and a Christmas ornament from glass beads.

Space is limited, so sign up now at the MWR Arts Center, Building 52008, Arizona Street. For more information, call 533-2015.

CYS to hold open house Oct. 20

Fort Huachuca Child and Youth Services will hold an open house and "Lights on After School" 3 - 6 p.m., Oct. 20 at all CYS facilities and at Murr Community Center.

There will be activities for parents, children and providers at all facilities, including games, arts and crafts. Rooms will be open to visit at the Youth Center, School Age Services and the New Beginnings Child Development Center.

You'll have the opportunity to visit the new Youth Tech Labs at the Youth Center and School Age Services, and the new Youth Services weight room. "SKIESUnlimited" program instructors will

be available at Murr CC. For more information, call 533-8437.

'Sock Hop' at Jeannie's Diner

Jeannie's Diner will have a "Sock Hop" 5 - 9 p.m., Oct. 22. A disk jockey will spin your favorite hits from the 50s and 60s. If you wear a costume from that era, you'll receive a free 16 oz. soda.

There will be a dance contest from 6 to 7 p.m. From 7 to 8 p.m., you'll be able to purchase a malt for \$2 or a hot dog and fries for \$1.25.

Everyone who attends will receive a ticket for a chance to win a door prize! (Must be 18 or older to win prize).

Jeannie's Diner is located inside Desert Lanes Bowling Center, Building 52010. For more information, call 533-5759.

B.O.S.S. plans Halo 2 Tournament, food drive

Better Opportunities for Single Soldiers (B.O.S.S.) will hold a Halo 2 Tournament, starting at noon, Oct. 22 at Time Out. Four-person teams will be guaranteed four games in Slayer Mode.

Cost is \$5 in advance Oct. 12 - 22, or \$10 at the door. First prize is an X-Box and gift certificates; second prize, a Halo 2 Game and gift certificates; and third prize, gift certificates.

B.O.S.S. will also sponsor a food drive to benefit the Chaplain's Food Locker, Oct. 22 & 23 at the Fort Huachuca Commissary.

For more information on either event, call Sgt. Edward Malcolm at 533-6944 or 559-2741.

Strike Pot Tournament at D.L.

Desert Lanes will hold the qualifying round of the 2005 Strike Pot Tournament at 1 p.m., Oct. 22 and 10 a.m., Oct. 23. The final round will be held at 1 p.m., Oct. 23.

For more information, call 533-2849.

Halloween carnivals for youth

Fort Huachuca Youth Services will host two Halloween Carnivals. The first, for children ages 5th grade and under, will be held 7 - 9 p.m., Oct. 28. The second carnival for ages 6th, 7th and 8th grade, will be held 7 - 9 p.m., Oct. 29. Both carnivals will be held at the Youth Center and are open to everyone. There will be games, prizes, costume contests and fun for all.

Admission fee is \$3 per youth for either event and includes 6 carnival tickets. For more information, call 533-5372.

Shuttle to "Finding Nemo" at TCC

The MWR Information, Ticket and Reservations Office has tickets available for all performances of Disney on Ice presents "Finding Nemo" Oct. 19 - 23 at the Tucson Convention Center.

ITR also has shuttle service available to the 11:30 a.m., Oct. 22 and the 1:30 p.m., Oct. 23 shows. Cost of the shuttle is \$15 per person, round trip, either day.

For more information, call 533-2404 or drop by the ITR Office, Building 70914, Irwin Street. ITR is open 9 a.m. - 5 p.m., Monday - Friday and 10 a.m. - 2 p.m., Saturday.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com

Girl Scouts still help girls build character, skills for success

BY ROB MARTINEZ
SCOUT STAFF

Troop 731 is preparing for Army Skills Day on Oct. 22.

All the Girl Scouts will get together at Johnston Elementary to learn about the Army. They'll dress in the battle dress uniform, learn about camouflage - even put on grease paint - and take a physical training test, among other activities. Active-duty Soldiers, mostly parents of the Girl Scouts, have volunteered to inform the scouts about their jobs in the Army.

Sherril Buckner, assistant leader of the Juniors group, said that about 90 percent of the families in the troop are associated with Fort Huachuca; the parents are either working for the Department of Defense or on active-duty.

The Girl Scouts were busy making posters for the event. "They get to plan their own events, grow as individuals, and

as a group," Buckner said.

Troop Leader Joy Smith is excited about the Girl Scout program. "They get to go camping, horseback riding, attend SMART, Science Math and Related Technology," she said.

It appears the girls favor horse back riding and the camp fires. They are preparing for the Veterans' Day Parade in November and for caroling in December.

The Girl Scouts have groups for girls in kindergarten through high school. "It's been going since 1912 in Savannah Georgia," Smith said.

The Girl Scouts are an accepting and nurturing environment. Caring adult volunteers help girls develop strong values, leadership skills, social awareness and an enduring belief in their own potential and self-worth.

For information about signing up or volunteering, please call Rita Ballard at (520) 439-5042.



Photo by Rob Martinez

The closing ceremony for Girl Scout Troop 731.



Movies

The 40-year-old Virgin plays at 7 p.m. today at Cochise Theater. For the complete listing of this week's movies, see Page B6.



Photo by Thom Williams

Chaos rising

James Brady, from the Chaos Flag Football team, returns an interception for a touchdown against MEDDAC during the Iron Bowl at Bujalski Field. Chaos won the game 32-0. Brady was named the defensive player of the game, while Wayne Wilridge was named the offensive player of the game. Chaos and MEDDAC are rivals and scrimmage against each other regularly. Chaos is a recreational team made up of players from Sierra Vista.



Photo by Thom Williams

Cue the band

Dan Howdeshell, director of the Smith Middle School Panther band, cues the woodwinds during the fall concert for pupils at Myer Elementary School. The panther band is made up of students in grades 6-8.

Fit For Life

Core training: benefit or bust

BY GEORGE R. COLFER, PH.D.
CONTRIBUTING WRITER

Strength training as we know it today did not exist prior to the early 1960s. In fact, athletes were often warned by coaches and trainers not to lift weights as it might make you muscle-bound and lose flexibility, thus negatively affecting athletic performance.

The primary forms of exercise for strength development were calisthenics, free body exercise and gymnastics. The main types of equipment used were gymnastic apparatus, pull-up and dip bars, medicine balls and, of course, the human body.

Groups that used free weights were body builders, competitive weight lifters and professional strong men. Women using weight training was virtually unheard of in this era. Physical work such as construction, road building, logging, farming and trucking (load/unload) were used by many school athletes in the summer months. Swinging an ax or sledgehammer, lifting and carrying heavy objects all contributed to strength development.

All of these activities involve more than one isolated group of

muscles and as with any lifting or heaving, the muscles of the spine, pelvic girdle and upper back play an important part as they maintain the body's stability against resistance causing more efficient movement. Also, power from the legs is transferred to the upper body through the pelvic girdle region. Without an efficient transfer, strength is lost. These connections between the upper and lower body and stability is what core training is about.

In today's more sophisticated training systems such as isotonic and isokinetic strength machines, which often isolate muscle groups and offer little to improve stability, we have all but eliminated the use of core musculature. Even some cardiovascular machines, which require the use of hands to hold on to the equipment while moving the legs, provides the same negative effect on core muscles. Furthermore, for most people, physical work is nonexistent, again denying the benefits to the core musculature necessary for body stability. Without a strong core system, strength in the legs, arms, chest and shoulders cannot be fully utilized in any task, work or skill performance.

Essentially core musculature

consists of all muscles surrounding the spine, both upper and lower, muscles that attach to the pelvis and hip and muscles of the shoulder girdle (upper back). Stability works two ways. Non-moving or static stability takes place when lifting a heavy object or resisting force. Throwing a javelin or kicking a football would be examples of moving or dynamic stability. All ballistic-type skills involve dynamic stability. Important muscles for ballistic movement are the rhomboids (upper back), serratus anterior (anterior trunk) and the external and internal obliques (anterior trunk and abdominal region). These muscles perform a torque, counter-torque action providing the stability for ballistic skills.

Strengthening the core musculature can be beneficial to balance and agility, improving strength tasks and athletic skills, and general improvement for everyday living. However, strength tasks and skills need to be practiced on a regular and consistent basis. The Principle of Specificity still applies here: "how you train will determine what you gain."

Core training in itself will not increase speed of movement. For speed improvement to occur on any

task, the exercise must be the same or similar movement, be of the same force contraction and velocity, and utilize the same type of muscle contraction (fast twitch vs. slow twitch). Simply stated, a basic prone plank position exercise will not enable a baseball pitcher to throw a harder fast ball. While it may strengthen the core, it will not increase force and velocity as does a ballistic movement.

There are a number of commercial products available which promise core improvement, such as exercise balls, bands, cables and other devices, which tend to offset one's balance while performing basic exercises. There is nothing wrong with these pieces of equipment, but they are not necessary, as core exercise can be done effectively without them. Here are some suggestions.

1. Free Weights: Training squat; dead lift; front squat; power clean; clean and jerk; standing overhead press are some examples. Exercises like the bench press, leg press and incline press are not. Remember, as a general rule, strength machines do not develop the core.

See **TRAINING**, Page B7

Sierra Vista 50th Anniversary



Countdown: Sierra Vista turns 50 in 32 weeks

EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article

from the 1955 and 1956 issues of the "Fort Huachuca Scout," showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 54 years since 1951. Morgue copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from "The Huachuca Scout",
October 13, 1955

Coffin on Wheels Takes First Place

A safety sign picturing a coffin on wheels is

located on 3rd Street in Area 10. Conceived and painted by Pfc. David Rhum of the 313th Sig. Co., it won first prize, a three-day pass, for him in the recent safety poster contest sponsored by the 504th Sig. Bn.

Second prize, a two-day pass, went to Pfc. Fred T. Traganza, 526th Sig. Co., who submitted 16 original safety slogans.

The slogan selected for use in a safety poster that will be distributed throughout the battalion is: "For INSURANCE to come back ALIVE, keep ALERT and THINK while you DRIVE."

Camera Club Wins Twelve Awards

Winners take 12 ribbons and prizes at the Cochise County Fair (Ribbons in any category, especially "Best of Show" and "First Place", were highly coveted during the 1950's. - Joan Vasey).

Ask the Dietitian

Skipping meals not the answer to weight loss

BY CAPT. JENNIFER L. RODRIGUEZ
REGISTERED DIETITIAN

Ask any dietitian and most will tell you that “diet” is a 4-letter word. The word diet often brings thoughts of restrictions, feeling deprived and never eating again. The problem with never eating again is the eventual slow down of metabolism and failure with winning the battle of the bulge.

Most people trying to lose

weight will cut calories by skipping meals. The concept of eating fewer calories in order to lose weight is true; however, it’s cutting calories over the course of an entire day that makes the difference.

The body is very efficient. Our metabolism is responsible for burning calories which leads to weight loss. When you cut calories too much, our metabolism slows down and weight loss halts. Imagine your metabolism is

like the fire burning in a train engine; the more coal you put on the fire, the hotter it burns and the faster the train runs. If you don’t stoke the metabolism fire with regular meals, the fire smolders and the body resists weight loss.

Weight loss participants in the National Weight Control Registry lost the most weight when eating small, frequent meals instead of skipping meals. Eating 5-6 small meals each day provides that fuel the body needs to rev up

your metabolism and burn more calories.

Remember that weight loss is about making healthy choices and controlling portions. Fill up on low calorie, high nutrient foods such as vegetables and decrease the amounts of meats and starches on your plate. Try pulling out those measuring cups, using a smaller plate, or cutting your food sizes in half. Divide your plate into sections. Cover half the plate with

vegetables, ¼ with meat, and ¼ with starch. Never eliminate entire food groups, as this leads to a loss of certain nutrients your body needs.

Exercise daily and eat less and you will be successful. Get that metabolism roaring and watch the pounds melt away! Happy eating!

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.

Arizona Tourist

Best kept secrets for military travel (West Coast)

BY MICHAEL COLLINS
CONTRIBUTING WRITER

Ever so often, we should take stock of the many benefits that the military offers. This is one of those times.

Part of the reason many people join the military is to travel. Sweetening the perk package, the military has some of the best lodging facilities in the world’s most coveted locations, all at below market rates.

Think of it; how many jobs can give you discounted access to beachfront resorts and mountain retreats in nearly every continent of the globe over a 20-year career? But you can’t take advantage of these superb travel opportunities if you don’t know about them. Although not a comprehensive list, the following West Coast locations certainly

rate high on the best accommodations the military has to offer.

Hawaii – Nearly all the military services have a presence on this beautiful island chain with lots of facilities to choose from. Bellows Beach Cottages, Kaneohe Bay, Pearl Harbor, and of course the renowned Hale Koa Inn in Waikiki are the better known places to drop the bags and head for the surf. Barking Sands Pacific Missile Range on Kauai may sound ominous, but is unquestionably the best choice to get away from it all in the entire island chain. Secluded beachfront cottages facing the forbidden island of Niihau and the grand canyon of the Pacific, Waimea Canyon is only a few short minutes away.

Call (808) 335-4752 or visit www.pmr.f.navy.mil on the Web.

Arizona – Fort Tuthill, near

Flagstaff, is the best kept local secret for military travel. A-frames and cabins provide cozy retreat after a day on the slopes at the Arizona Snowbowl. Kids will love the high velocity inner tube run set up on the top of Fort Tuthill during winters. Summer provides lots of opportunities to hike Humphreys Peak, Arizona’s highest point, the cliff dwellings at Walnut Canyon or take a day trip up to the Grand Canyon that is just a couple of hours away. Call 1-800-552-6268 or visit www.forttuthill.com on the Web.

Nevada – Nellis Air Force Base is just a few miles down the road from Las Vegas, where bright lights, shows and gaming attracts millions of visitors each year. If you want to see Nevada’s second city, the Coast Guard offers A-frames and condominiums for those that prefer Lake

Tahoe and the Reno area. Call the Coast Guard officer in charge at (530) 583-7438 to make reservations for the A-frames at Lake Tahoe or the morale staff (510) 437-3578 for the condos or visit www.uscg.mil/mwr/Cottages/11thDistrict.htm on the Web.

Southern California, San Diego – The Navy’s North Island offers a great locale if you want to stay close to all the attractions San Diego has to offer such as Point Loma and the world famous Zoo. If you want to stay on the beach however, consider the Marines’ Del Mar Cottages or the San Onofre Beach, Cottages and Campsites. Call (760) 725-2134 to reserve at Del Mar or (760) 763-SURF for reservations at San Onofre or visit www.mccscp.com/recre-

See TRAVEL, Page B7

Community Briefs

Submission deadline for “The Mirage”

Cochise College is now accepting entries for “The Mirage,” a literary and arts magazine produced annually by students.

“The Mirage” includes art, photographs, short stories, poetry and other works by students and members of the public. Anyone who is a Cochise College student, or a resident of Cochise or Santa Cruz counties, may submit entries for publication.

The submission deadline is Nov. 1. As part of a class project, students taking Journalism 257 or En-

glish 257 evaluate submissions and design and publish the magazine during the spring semester.

Submissions must meet the following guidelines:

Be the original work of the person submitting

Include a cover sheet with a name, address, phone number, e-mail address, and title(s) of work(s)

Include a biography of the writer or artist in 75 or fewer words

Submissions in poetry and prose must be typed.

Prose should be double-spaced. There is a 2,000-word limit for prose entries and a limit of five submissions per person in art or writing.

Unless sent by e-mail, art and photographs must be submitted as slides.

More specific submission guidelines and past issues are available online at www.cochise.edu. Anyone interested in serving on “The Mirage” staff should contact Jay Treiber at (520) 417-4765 at the Douglas Campus or Jeff Sturges at (520) 515-5435 on the Sierra Vista Campus.

Advertisement

Advertisement

Tent Sale

The Main Postal Exchange store will be having a Tent Sale Oct. 13 - 15.

Visit our Pumpkin Patch inside the tent and the Whirlpool Truckload Appliance Sale in the parking lot.

Golf Tournament

The George Prioleau lodge #13 will host the Inaugural Blue Jacket Classic Golf Tournament Oct. 15 at the Mountain View Golf Course. The tournament will begin at 8 a.m. with a shot-gun start and a four-person scramble. All proceeds from the tournament will be donated to local high students in the form of a grant. Prizes will be awarded for overall teams and closest to the pin on select holes. Entry fee for MVGC members is \$24 and \$40 for non-members. Sign up at the MVGC Pro Shop 533-7092 or contact David Ayres at 227-7352.

Open enrollment for computer class

The SKIESUnlimited program is now accepting students for computer instructional classes, held at Myer Elementary School's computer lab.

This is a year-long class, but students may attend on a monthly basis. Class fee is \$50 per month.

For children five to eight, the classes are held 3:45 - 4:30 p.m., Tuesdays and Thursdays. For children nine to 18, the classes are held 4:45 to 5:30 p.m., Tuesdays and Thursdays.

For CYS registration, call 533-0738 or stop in at the Central Registration Office at Murr Community Center, Building 51301. There is an annual \$18 registration fee for CYS membership.

For more information, call Robin Gabert at 533-0710.

Launderette reopening

AAFES is proud to announce the reopening of its renovated launderette at building 52045. This new facility has

all new machines and a bright atmosphere to take care of your needs. As a bonus, the facility is now open 24 hours a day, seven days a week.

Family child care training

You can earn an income while you stay at home. The Fort Huachuca Family Child Care program is looking for individuals who want to earn an income, raise their children at home and make a difference in another child's life. The next training begins on Monday, and the deadline to sign up is Friday. For more information on how to become an FCC Provider, call 533-2498.

Reminder: Fort Huachuca housing residents may only provide child care in their quarters after gaining approval from the Garrison commander and the commander's agent, the Fort Huachuca Family Child Care office.

Quarterly Volunteer Award Ceremony

The Army Volunteer Coordinator will hold the 4th Quarter Volunteer Awards Ceremony, 4:30 p.m., Oct. 26 at Thunder Mountain Activity Centre. For more information, call Kimberlee Bridges at 533-2330.

Trick-or-Treat times set

On-post Trick or Treating hours for Halloween are Oct. 31 from 6-8 p.m. for children up to 12 years of age. Children nine and under must be accompanied by an adult. Standard access requirements for the installation remain in effect.

There will also be an increase in Military Police presence in the housing areas. If assistance is needed, please make contact with them or call the military police desk at 533-3000 or in the event of an emergency 911.

As a reminder, juveniles 17-years-old and under cannot be out in public on Fort Huachuca, either on foot or in a motor vehicle, without a parent, guardian, or custodian between the established curfew hours listed below unless they are in possession of a curfew permit, Fort Huachuca

Form 190-16-R-E. Copies of the form can be obtained at the Military Police Station (Building 22336) or the Youth Activities Center (Building 49013).

Curfew hours:

Sunday - Thursday: 10:00 P.M. - 5:00 A.M.

Friday - Saturday: 12:00 A.M. - 5:00 A.M.

The Directorate of Emergency Services also reminds community members that if they choose to dress up, using discretion is advised and no fake knives, guns or swords are recommended. In order to ensure this cherished tradition is a real treat for all, both adults and children are reminded to wear reflectorized clothing, carry a flashlight and continually be aware of their surroundings, particularly when crossing roadways.

South Dakota veterans' bonus

The state of South Dakota is paying a veterans bonus of up to \$500 to certain military personnel who were legal residents of the state for no less than six months immediately preceding entry into the Armed Forces, who are currently on active duty or were honorably discharged from the Armed Forces, and who served on active duty during one, or both of the following periods.

For service between the dates of Jan. 1, 1993 through Sept. 10, 2001 payment will be made only to those who served overseas and were awarded the Armed Forces Expeditionary medal, Southwest Asia Service medal, Kosovo campaign medal or any other United States campaign or service medal awarded for participation in combat operations against hostile forces.

All active duty between the dates of September 11, 2001 through a date to be determined, qualifies for a bonus payment.

Application forms may be obtained by writing to: SD Veterans Bonus, 500 E. Capitol, Pierre, S.D., 57501 or by calling us at (605) 773-7251.

If you have e-mail access, you can request a form by writing to john.fette@state.sd.us. Be sure to include your name, street or PO Box number, city, state and zip code.

Pets Of The Week



Kitten is a 6-month-old orange tabby domestic shorthair. Courtesy photo from petfinder.com.



She is an 18-month-old spayed black labrador retriever. Courtesy photo from petfinder.com.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuacupetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

The 40-year-old Virgin
R

Friday -7 p.m.

The Cave
PG-13

Saturday -7 p.m.

Red Eye
PG-13

Sunday -2 p.m.

Red Eye
PG-13

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source.

The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



TRAINING, from Page B2

2. Calisthenics and Free Body Exercise: Squat thrust; burpee; woodchopper; squat jumps; jumping jacks; push-ups and all its variations; leg lunges (mountain climber); prone plank; are some examples. When an exercise becomes easy, make changes that increase speed, decrease stability, add resistance or vary the position.

3. Plyometric Exercises: Single and double leg hops; speed hops;

box jumps; standing long jump; depth jumps; standing triple jumps; bench jumps; run and jump. Plyometrics are power exercises and of varying intensity, which used correctly, will increase core strength and speed of movement.

4. Medicine Ball: A good piece of equipment for strength, skill and reaction time. There are endless variations of throwing and catching. They can improve your ability to

resist, absorb and apply force as well as quickness and balance.

5. Others: Running stadium steps; wrestling, boxing, dance and gymnastics all would be of benefit.

Core training and military training are synonymous. Exercises, weapon drills, self-defense, carrying heavy loads while walking or running, obstacle course and many other forms of training can lead to a high level of core strength. It would not be pos-

sible for military personnel to wear body armor, helmet, shoulder 60-80 pounds pack loads plus weapons and ammunition without a strong core foundation. This becomes functional or specific training in its truest sense and core strength is the key.

Core training serves a purpose, but you may have been doing it all along. If not, it's worth adding a few exercises or activities to your fitness routine.

TRAVEL, from Page B3

ation/outdoor activities/beach-cottages.htm on the Web.

Northern California, San Francisco – The Coast Guard manages a series of temporary guest quarter units located in Novato, CA. Novato is located 25 minutes north of beautiful San Francisco where you can ride historic cable cars, dine at world-renowned restaurants and visit the former Alcatraz Island prison. The San Francisco Bay Area is known for its beautiful weather in fall, mild winters and sunny, but cold summer days. Call the Guest Quarters manager at 415-506-3130 or visit www.uscg.mil/mlcpac/iscalameda/divisions/housing/novato.html on the Web.

Pacific Northwest – Puget Sound is the bordered by misty rain forests, cups the emerald green San Juan Islands and is the gateway to cosmopolitan Seattle. Ferries offer a cheap and easy way to traverse the waterways with Orcas gliding in the wake and vaulting mountainous scenery as an idyllic backdrop. Lodging at Naval Air Station Whidbey Island is your best bet, but there are other options such as Jim Creek Recreation area if you want to escape the city sites. Call 360-675-0633 or visit www.navylifepnw.com.

For more information on military lodging facilities call

Army Lodging – (866) 363-5771 or visit www.armymwr.com/portal/travel/lodging on the Web.

Air Force Lodging – (888) AF LODGE or visit www-p.afsv.af.mil/LD on the Web.

Marine Corps Lodging – (800) 253-1624 or visit www.usmc-mccs.org/lodging/pocs.cfm on the Web

Navy Lodging - (800) NAVY-INN or visit www.navy-lodge.com on the Web.

Coast Guard – for lodging in California and Nevada, call (510) 437-3578 or visit www.uscg.mil/mwr/Cottages/11thDistrict.htm on the Web.

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